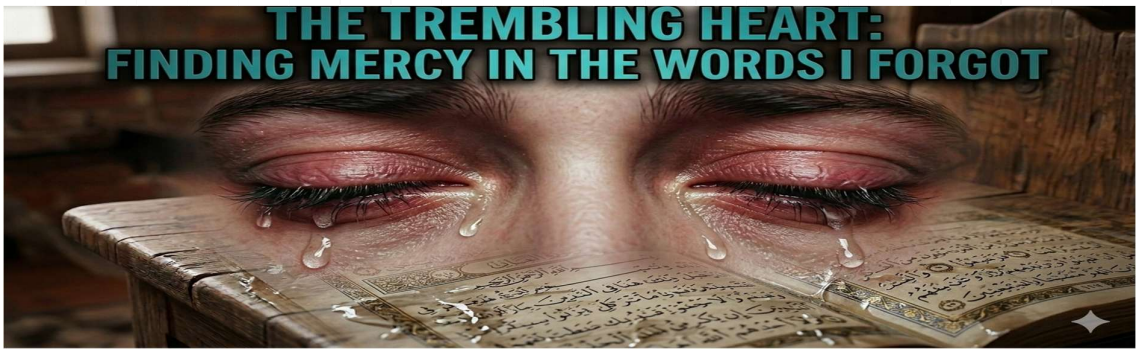


بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، الرَّحْمَٰنِ الرَّحِيمِ، مَالِكِ يَوْمِ الدِّينِ.

Thank you Allah, the Lord of the worlds. He is very kind and merciful. I thank Allah because He looks at our broken hearts. When we are totally lost, He helps us with His quiet love. He is *Al-Latif*—His style is different and we cannot understand it easily. Sometimes He breaks our pride just to make us simple and humble.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ.
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ.

Dedication & My Big Thanks

To My Beloved Mother (Late Mrs. Shamim Fatima)

I am dedicating this book to my sweet mother. My biggest dream in life was to become a *Hafiz* and a *Qari*. I wanted Allah to give my parents a beautiful crown of light on the Day of Judgment.

Dear Ammi, I know I made mistakes and the tension of 2020 ruined things, but your son's dream is still alive. *In Sha Allah*, I will try until my last breath. Even if I cannot remember all the chapters like before, my clear plan is to revise at least one verse, one line, or even one word every single day. *Alhamdulillah*, till today, I am doing this daily without skipping. May Allah help me and keep me strong (*Sabit Qadam*) on this track. [1]

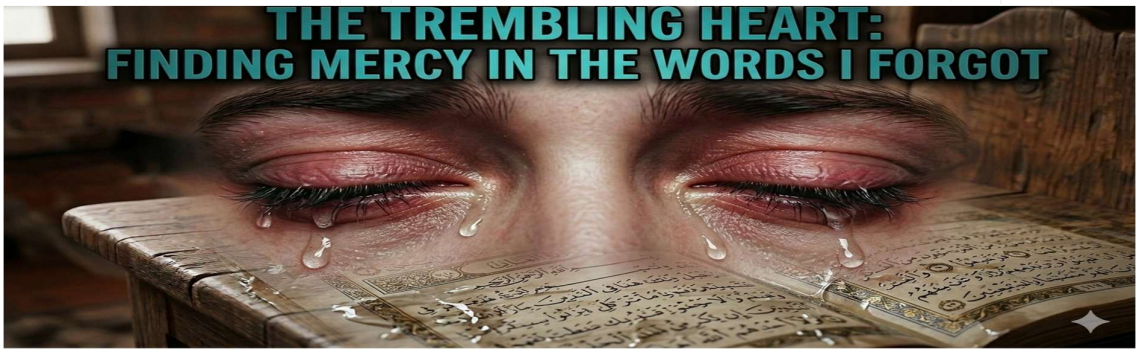
To My Ustad, Qari Sayyed Ahmed Ali Sahab D.B.*

Thank you to my teacher who never let my hope die. You helped me memorize the Quran. You came to my house daily without missing any day just to listen to my lesson (*sabak*). You corrected my spelling and sound (*makhraj* and *tajweed*) and taught me the beautiful music style (*maqamat*) of reading. Without you, I could never do this. [2]

To My Wife: My True Teacher

To my wife, because without you, this was 100% impossible. You were my real teacher and my big inspiration. Every day from *Asr* to *Maghrib*, you sat with me to check my lesson. Sometimes we had small fights because I was reading too fast and you could not catch my speed, but you never left me. Your patience gave me all the power.

To My Best Friends



To my neighbor and good friend Mohd Iftikhar Khan, and Dr. Mujtaba Khan Sahab D.B.* (MD). May Allah give them all the happiness in the world, make their faces bright on Judgment Day, and count them in *Al-Sabiqoon* (the top believers). You guys opened this door for me.

Note: D.B. stands for "Damat Barakatuhum" (دامَت بَرَكاتُهُم), which means "May his blessings remain forever."

Prologue: A Direct Warning

My friends and readers, please don't think this is just a story from a textbook. This is a real report from a real dangerous fight with Shaitan.

We think the warnings in the Quran are old stories, but they are fully active today. In Surah Al-A'raf, Shaitan challenged Allah that he will disturb everyone on the straight path. When you choose Allah, Shaitan targets you directly. He attacks your money from the front, your past memories from the back, your good deeds from the right, and your loneliness from the left. I know this because it happened to me. I was at the top level of my religious life, and then I fell down completely. This is my true story of losing everything and seeing how big Allah's mercy is.

Introduction: Why My Life Begins at Forty

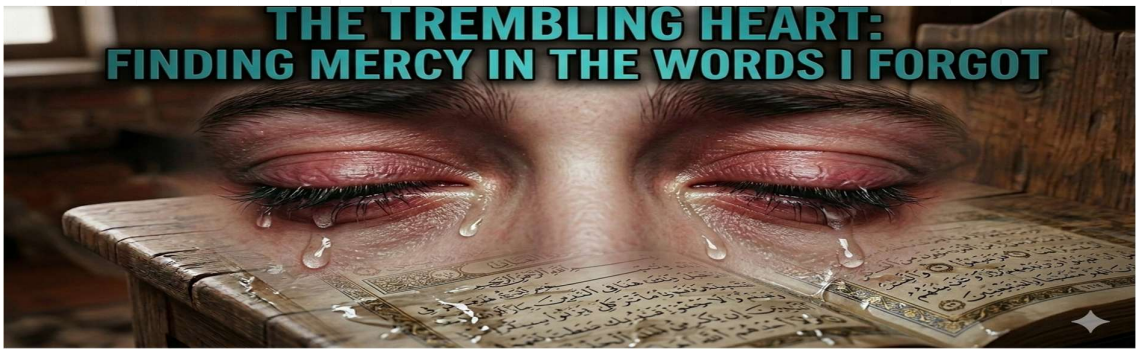
(The Secret of the First Forty Years from a 50-Year-Old)

Today, as I sit down to write these words, I am fifty years old. Fifty is a beautiful, calm age. It is the time when the wild speed of youth stops, and a person looks at life with complete honesty, without any filters. Standing here at fifty, when I look back at my timeline, I clearly see that my real life, my real awareness, and my actual test only started ten years ago—in 2016, when I crossed the age of forty.

Many people will ask me: *"You are writing your whole life story at fifty, but why are you starting directly from the year 2016 when you turned forty? What happened to the first forty years of your life?"*

The answer is actually found inside the Quran itself. In Surah Al-Ahqaf, Verse 15, Allah SWT directly mentions the age of forty as the unique borderline of human life. Allah says:

"...until, when he reaches maturity and reaches forty years, he says, 'My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to work righteousness of which You approve and make righteous for me my offspring. Indeed, I have turned to You, and indeed, I am of the Muslims.'"



Think about it carefully. Allah does not pick the age of twenty, thirty, or thirty-five. He picks forty. Why? Because forty is the official hour of spiritual awakening. It is the checkpoint where your physical body stops growing and your soul is supposed to take over. It is the point where you stop looking at life like a kid and start thinking about your permanent end (*Akhirah*).

Before I turned forty in 2016, I was completely blind to this verse. I was spiritually asleep. To explain this clearly, let me give you a very simple metaphor: Imagine a soldier who is sleeping soundly in his camp during a war. Because he is sleeping, the enemy walks right past him and does not attack him. Why would the enemy waste a bullet on a sleeping soldier? The enemy only attacks when the soldier wakes up, stands up, puts on his uniform, and picks up his weapon to fight.

Before 2016, I was that sleeping soldier. I was living a very ordinary, casual, and "by-default" Muslim life. I was a Muslim just because I was born into a Muslim family. Things like *Salah* (prayers), *Siyaam* (fasting), and other religious duties (*Arkan*) were just like standard daily procedures for me. I did them without any deep purpose, without any seriousness, and without any effort to understand my *deen* (religion). I had zero interest in gathering knowledge.

Instead, I had a very childish, careless, and hyper-excited attitude toward life. I enjoyed every single bit and piece of the world. I did not spare any worldly enjoyment. But even during that wild and careless youth, *Alhamdulillah*, I was not morally or spiritually corrupt. I was never a bad-hearted person. Yes, I was arrogant, but that arrogance was not out of malice—it was just the foolish, unthinking confidence of a young man who was completely unaware of the deeper realities of life. I was simply caught up in the illusions and whispers (*waswase*) of the *dunya*.

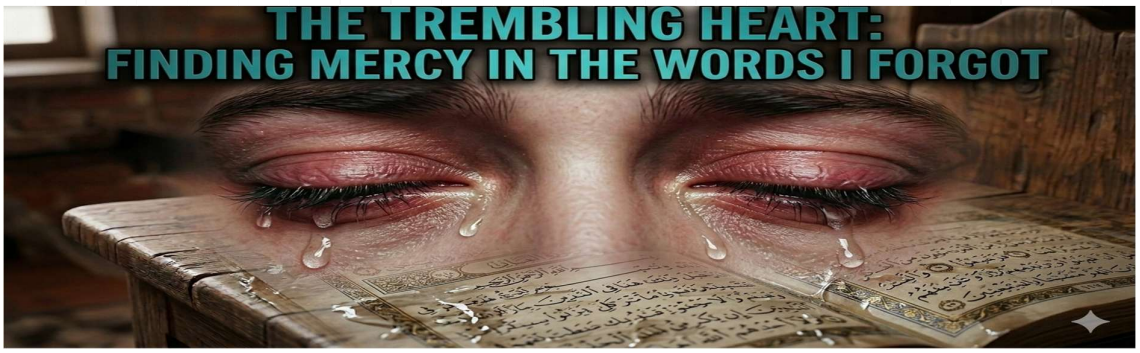
And because I was living like a non-practicing Muslim, Shaitan left me alone. I was no threat to him. He did not need to use his heavy weapons on me because my own carelessness was doing his job for me.

But when I turned forty—exactly hitting the milestone of maturity written in Surah Al-Ahqaf—everything changed. I woke up. I decided to leave the casual life behind. I decided to step into a serious, Quranic life. I picked up the weapon of knowledge. The moment I stood up to become a true servant of Allah, Shaitan panicked. The enemy realized the sleeping soldier was now awake. That is when the real war began.

Lesson: *Worshipping Allah by custom or habit is a starting point, but true faith requires waking up your heart. Shaitan does not care if you have a Muslim name; he only attacks when your heart tries to connect with the Quran.*

Special Chapter: Understanding Shaitan

(The Arch-Enemy of Adam A.S. and His Children)



Before looking at how I fell into the trap, we must see how Shaitan has been misguiding humanity since day one. He is not a new enemy; he is ancient, and his tricks are highly experienced. Let's look at a few big, clear examples of how he operates:

- **The Original Deception (Adam A.S. and Hawwa): Shaitan's very first operation was against our parents, Adam A.S. and Hawwa. He did not come as an open villain. Instead, he swore an oath and came as a "sincere advisor." He lied to them that eating from the forbidden tree would make them immortal or turn them into angels. The moment they ate, their clothes fell off. This shows Shaitan's primary goal: he wants to strip away our modesty, our dignity, and our spiritual clothing of *Taqwa* (God-consciousness).**
- **The Weapon of "Gradual Steps" (*Khutuwat*): Shaitan never asks a good person to commit a major crime suddenly. He takes you step-by-step. First, he makes you miss a sunnah, then he makes you casual about an obligatory prayer, then he makes you proud of your knowledge, and finally, he pushes you into destruction.**
- **The Illusion of Long Life and Hope: He whispers to the young and healthy that they have plenty of time to repent. *"Enjoy your life now, you can become religious when you are old,"* he says. This is how he keeps millions of young Muslims in a state of spiritual sleep.**
- **The Strategy of Fear and Poverty: Whenever a person wants to do something good—like giving charity or taking a lower-paying halal job over a high-paying haram one—Shaitan steps in. He frightens the person with the fear of poverty and hunger, forcing them to hold back and make wrong choices.**

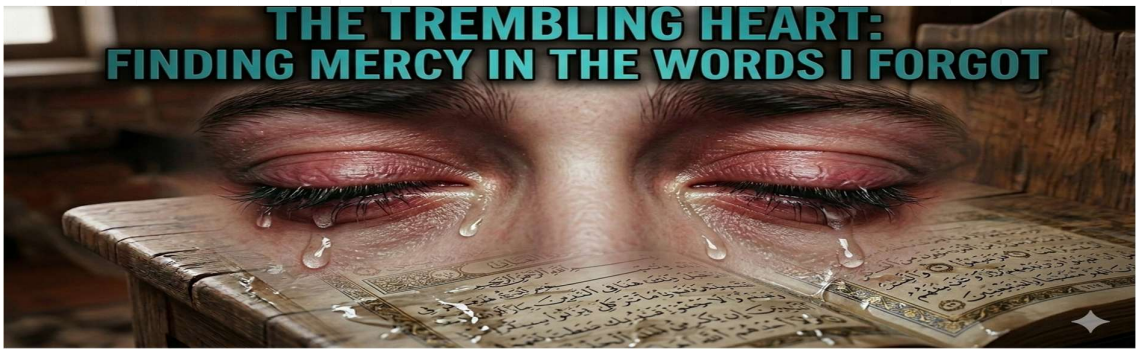
Shaitan told Allah that he will use all these tricks to corner the children of Adam A.S. from the front, back, right, and left. And as you will read in the next chapters, when I woke up at forty, he unleashed these exact old strategies against me.

Chapter 1: The Awake & The Connection (June 2016)

Life can change because of one single meeting. For me, that day came in June 2016. I was 40 years old. Business-wise, *Alhamdulillah*, I was doing awesome. The work was smooth, money was good, and I had plenty of free time.

God has a very beautiful way of planning things, and looking back, I can see a big connection even in our names. According to my own name, I have a habit of making friends very quickly. I connect with people easily. And because of this quality, I became very close friends with my neighbor, Mohd Iftikhar Khan.

Here is the beautiful part: just like his name, Iftikhar became the person who successfully showed me the *Farq* (the big difference) between what is important and what is not. He made me realize



that worldly success is good, but religious success is lasting. He helped me see the difference between a busy life and a meaningful life.

But Iftikhar did not just stop at general talk. He taught me a very important lesson: he taught me to ask questions. He told me that we should never just follow heard-out stories or random traditional tales (*suni sunayi riwayat*). Instead, we must authenticate and check the real proofs. He wanted me to become a well-educated, logical, and thinking Sunni, not just someone who is a Sunni by name. He opened my eyes by explaining what the Quran actually is and what Ahadees (the Prophet's teachings) truly mean.

He used to remind me of Surah Al-Furqan, Verse 73, where Allah SWT describes His true servants as those who, when reminded of the verses of their Lord, *do not fall at them deaf and blind*. Iftikhar explained that Allah wants us to use our brains, understand things logically, and not follow religion blindly.

Up until then, I already knew Dr. Mujtaba Khan Sahab D.B., but to me, he was just my regular badminton partner. I used to meet him casually as an expert MD doctor and a very good, pious neighbor. I had no idea about his deep spiritual side.

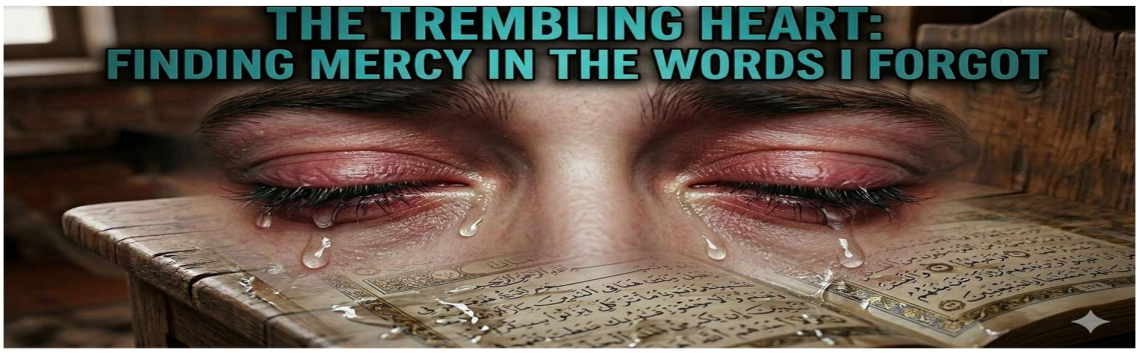
But Iftikhar was watching everything. He waited patiently, and when he finally felt that the time was right and my mind was ready, he connected me to Dr. Mujtaba Sahab D.B. at a deeper religious level. That was another beautiful sign, because the meaning of Mujtaba is *"The Chosen One."* It felt like a special plan from Allah. First, my friendly nature connected me to Iftikhar, who cleared my logic and showed me the *Farq*, and then he guided me to 'The Chosen One', Dr. Mujtaba Sahab D.B., who gave me the final direction.

At first, we just did normal casual talking, but slowly it became my daily routine to meet him. To help me move forward, Dr. Mujtaba Sahab D.B. organized a special meeting for me with his group of doctors. These doctors used to give their precious time daily to understand and teach the Quran. We started online by studying just one Quranic verse (*ayah*) every day.

After that, Dr. Mujtaba Sahab D.B. took the responsibility to run an Arabic language class inside our society. But that class was off and on, and due to some reasons, it could not continue for long. Around that time, Allah gave Dr. Mujtaba Sahab D.B. a very good career opportunity, and he had to shift back to Mumbai. Because of this, our daily personal meetings stopped, and our connection was now limited only to phone calls.

But I did not want to stop learning. To fill that gap, I invited Mufti Ishtiyaq Sahab to my business office, and I started learning Arabic directly from him during my work hours. But after some time, due to some reasons, even that class stopped.

By this time, *Alhamdulillah*, I had already completed around 1 to 1.5 years of continuous learning. I had basic knowledge, so I decided not to give up. I joined online classes and started studying by



myself on the internet. Slowly and steadily, with hard work, my Quranic Arabic learning was almost 100% complete and polished.

In those initial 3-4 months of this intense journey, a big fire started in my heart for religion. I literally started hating the *dunya* (worldly life). I was so emotional that I wanted to close my successful business, give away all my hard-earned money, and just study religion all day long.

But Dr. Mujtaba Sahab D.B. gave me excellent advice. He said that in Islam, you cannot leave the world completely or run away from your duties. You need a proper balance between religion and the world.

I agreed with his mature advice and took the balanced path. I joined professional Qira'at classes with Qari Sayyed Ahmed Ali Sahab D.B. and simultaneously started memorizing the full Quran (*Hifz*).

In the starting, memorizing was tough. But because I had already worked hard on online classes and learned the Arabic words, meanings, and grammar, Allah made the *Hifz* super easy for me. My wife listened to me every evening from *Asr* to *Maghrib*, and the lines got permanently fixed in my head. I was running fast on the religious track, completely unaware that a major test was waiting for me.

Lesson: *True mentorship is a gift. A good friend leads you to logic, and a good teacher leads you to balance. Never rush to leave your worldly duties completely; Islam is about managing the dunya for the sake of the Akhirah.*

Chapter 2 (Part A): How Shaitan Attacks Good People

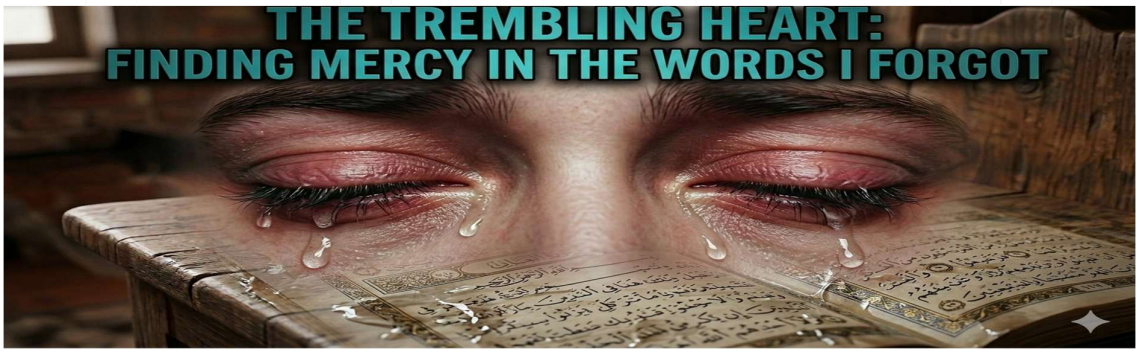
Before I tell you about my big fall, you need to understand how Shaitan actually works. He does not go to a religious person and say, "Go and commit a major sin today." No, his strategy is very slow and clever. When a person starts walking towards Allah, Shaitan uses the person's own religious success to destroy him.

He uses four main traps to corrupt a good servant of Allah:

1. The Trap of Pride and Arrogance (*Kibr*)

When you do good deeds and people start praising you, Shaitan injects a small trace of pride inside your heart. You start feeling that you are better than others. This is exactly how Shaitan himself fell down. In Surah Al-Baqarah, Verse 34, Allah SWT says:

"...except Iblis; he refused and acted arrogantly and became one of the disbelievers." (Aba wastaqbara wa kana minal kafiroon)



The Prophet Muhammad ﷺ warned us about even a tiny amount of this disease. In a Hadith from Sahih Muslim, he said:

"He who has in his heart the weight of a mustard seed of pride shall not enter Paradise."

2. The Trap of Showing Off (*Riya*)

Shaitan makes you want the applause of people. You stop doing things quietly for Allah and start doing them so people can say, "Wow, he is so knowledgeable." The Prophet ﷺ called this "Hidden Shirk" (Shirk al-Khafi). In a Hadith found in Musnad Ahmad, the Prophet ﷺ said:

"The thing I fear most for you is the lesser Shirk: showing off (Riya)."

3. The Trap of Useless Arguments (*Mirah*)

Shaitan loves it when religious people argue over small matters just to prove themselves right. This ruins the sweetness of faith and brings hatred. The Prophet ﷺ strongly warned us against this behavior. In a Hadith from Sunan Abi Dawud, he said:

"I guarantee a house on the outskirts of Paradise for one who leaves arguments even if he is right."

4. The Trap of Insulting Others (*Ghamt un-Naas*)

When you get religious knowledge, Shaitan makes you look down on regular people or sinner Muslims. You feel they are going to Hell and you are safe. In another authentic Hadith from Sahih Muslim, the Prophet ﷺ defined real arrogance by saying:

"Arrogance is to reject the truth and look down upon people."

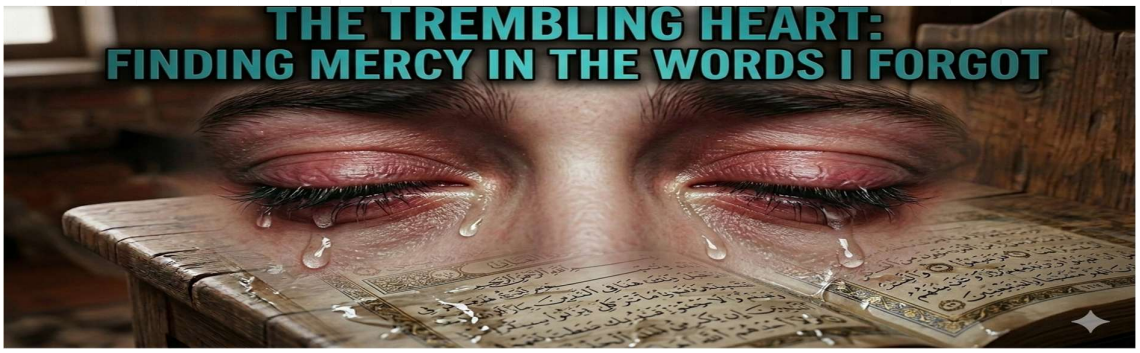
Chapter 2 (Part B): The Trap of Praises & My Crash of 2020

Now, let me tell you honestly how my own actions matched these exact dangers. By the end of 2019, I was memorizing the Quran fast and learning Arabic. *Alhamdulillah*, I was putting in a lot of hard work, and people in my society and close social circles started noticing it.

Slowly, a big shift happened. People started coming to me for religious advice. We started having deep discussions on religious topics, and I became an active speaker in those circles. Everyone started talking about my dedication and praising my effort.

And that is exactly where my shoulder went up, and my collar started rising. Without realizing it, I was falling straight into Shaitan's trap. My spiritual pride was taking over.

I started taking my knowledge to the streets. I would sit at local tea stalls and common public squares (*chowks*) just to get into religious debates. I wanted to show off what I was learning.



Whenever I argued, people around would cheer and applaud me. This applause acted like petrol on fire—it made my collar go even higher.

I became so overconfident that I started misbehaving and arguing with big, well-educated scholars (*Aalims*). I jumped headfirst into sectarian conflicts (*maslak* debates), fighting with people over different school of thoughts just to win the argument. By the end of 2019, I was no longer a humble student of the Quran. I had become very blunt, loud-mouthed, and completely controlled by Shaitan's whispering ego.

Because I allowed this pride to grow, Allah left me to my own choice, and Shaitan opened his ultimate trap for me. During this peak time of my arrogance, I got caught up in a severe trap that completely destroyed my entire life. Within a few months, the COVID-19 lockdown came, and I was totally ruined in every single aspect:

- **Morally & Spiritually: My connection to the holy Quran was completely broken, and my peaceful state of mind vanished.**
- **Socially: The same society that used to respect me now looked away.**
- **Economically: My booming business crashed down to zero, leaving me in financial ruin.**
- **Family: My relationships inside my home faced severe tension and damage.**

I lost everything. And today, I will not blame anyone else. I am 100% responsible for my own destruction.

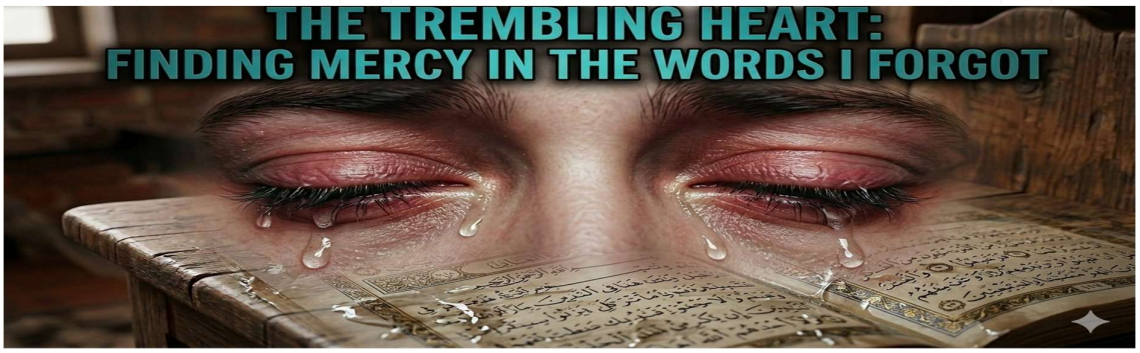
I sat down in that lonely lockdown of 2020 and remembered Surah Al-Baqarah, Verse 34: *Aba wastaqbara wa kana minal kafiroon.* I realized that I had repeated the exact mistake of Iblis. My own pride, my ego, and my obsession with showing off had totally destroyed my beautiful life. I was trapped in a fire that I had ignited with my own hands.

Lesson: *Knowledge without humility is a lethal poison. When people start praising your religious knowledge, tie your collar down manually. The tea-stall debates and winning arguments are nothing but Shaitan feeding your ego.*

Chapter 3 (Part A): The Absolute Downfall (2021 – Mid 2023)

From 2021 to the third quarter of 2022, I went through the darkest time of my life. There was no difference left between my pride and Shaitan's pride. Because I acted like him, Allah made me see and feel the exact same humiliation and rejection that the cursed Shaitan (*Lanati Shaitan*) feels. Even today, the ghost of my past comes back to scare me.

The breakdown was total. Morally, spiritually, financially, and socially—I collapsed completely. The exact same people who used to praise my hard work and clap for me now completely boycotted



me. They stopped talking to me and treated me like an outcast. And I knew, deep down, that nobody else was responsible. This is the exact punishment for an arrogant person. I suffered a type of mental torture that I cannot even explain in words. To say it shortly: whenever I read about the cursed people mentioned in the Quran, I felt that those verses were talking directly about me.

But Allah is *Latif-un-Khabeer* (The Most Kind and All-Aware). Even in that garbage phase of my life, a tiny spark of faith was hidden deep inside my heart under all that mud. Whenever I was completely alone, I would not read the Quran from the book, but I would quietly hum (*gungunana*) specific verses from memory. I used to hum:

- Surah Al-E-Imran (Verses 190-195): About the creation of heaven and earth and asking Allah to save us from the fire.
- Surah Ibrahim (Verses 27-45): About how Allah keeps believers firm and how the wrongdoers fail.
- Surah Al-Isra: The verses warning us not to make any other god with Allah and not to kill the soul that Allah made sacred.
- Surah Al-Furqan, Surah Luqman, and Surah Ad-Dukhan.

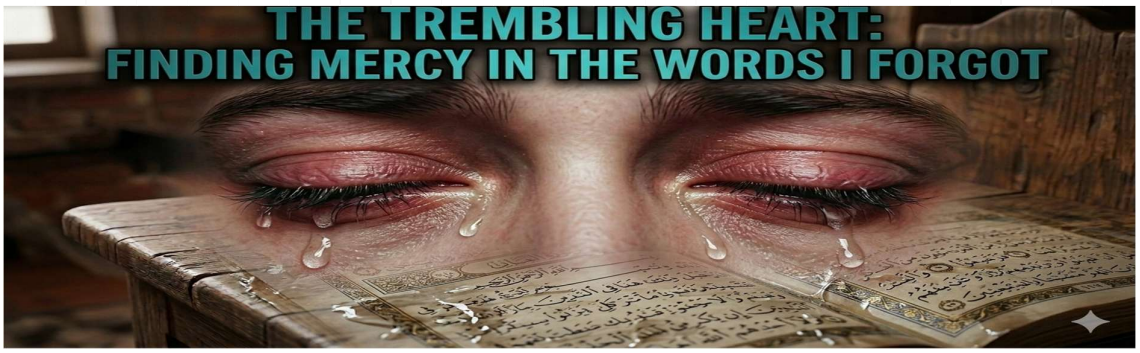
I was literally humming these lines in the dark. That hidden spark kept me breathing. But then came 2023—the absolute bottom. I reached the final countdown of that scary state described in the Quran: *La'anhumullahu fid-duniya wal-akhera* (Allah's curse on them in this world and the hereafter). It took me 5 to 6 painful months just to step out of that extreme depression, but my feet were still not steady (*Sabit Qadam*) until the end of 2024.

Then, in October 2023, a miracle happened. Allah SWT saw that hidden spark and decided to give me another big chance. Out of nowhere, I got a job in a highly reputed company with a very big position (*Ohda*) and a great salary.

Chapter 3 (Part B): The Divine Signal & The Mother's Call (2024 – 2025)

Fast forward to April 2025: Due to some reasons, I suddenly lost that great job. But during that period from October 2023 to April 2025, I had tried my best to regularize my connection with Allah. I started meeting a few people from my old religious circles. I did not open the physical copy of the Quran (*Mushaf*), but I started opening the Quran on my mobile and laptop regularly to read.

At the end of 2024, I met a *Hafiz* Sahab. I opened my heart to him, told him all my mental tension, and asked for his help to revise my forgotten Quran. He was very kind. He offered me a plan: *"Whatever you remember right now, let's practice it. In Sha Allah, next year in Ramzan 2025, we will stand together and lead the Taraweeh prayer."* But maybe it was still not the perfect time from Allah's side, and that plan did not happen.



But I did not give up. The day I lost my job and resigned, the very next day, Allah served me another job on a plate! It was a bit far away, but everything else was the same. In fact, Allah placed me directly back into the company of religious scholars (*Aalims* and *Maulvis*).

The ultimate shake-up happened on 24 July 2025, a Friday (Juma). I went to offer my Juma prayer at the *Amin-Ul-Quran* mosque. During the prayer, the Imam started reciting the Quran. Suddenly, a divine voice hit my ears. The Quran called out with the heavy verse of Surah Al-Hashr (Verse 21):

"Lau anzalna hazal-qur'ana 'ala jabalil-laraitahu khashi'am-mutasaddi'am-min khashyatillah..." (If We had sent down this Quran upon a mountain, you would have seen it humbled and coming apart from the fear of Allah...)

The moment those words hit my nervous system, my hands and legs started shaking uncontrollably. Tears rushed down my eyes. It felt like I was standing completely naked in front of the whole world, and every single person was spitting on me because of my internal dirtiness. The realization of my own sins and mistakes was so heavy that it was killing me from inside. I was suffocating. Every single person was drowning in self-pity, cursing himself, and I was about to lose my total mental balance.

But *Alhamdulillah* Summa *Alhamdulillah*! In the first week of August 2025, a miracle happened. I received a spiritual call/connection from my Late Mother (Mrs. Shamim Fatima). In that experience, she asked me for some help. That ask was actually a hidden blessing and help sent directly from Allah Rabbul Izzat to save my life.

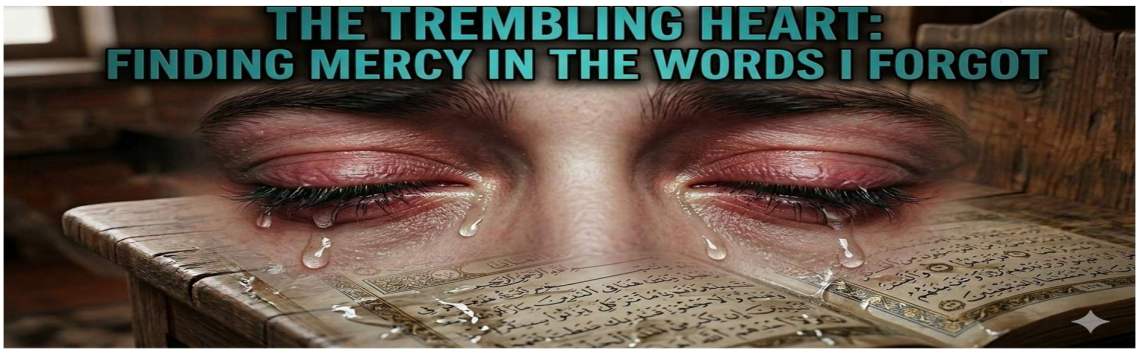
From that specific day until today, everything has changed. There is no sadness left in my heart, no complaints against life, and zero self-pity. My mind is totally clean. Now, there is only true, deep forgiveness inside me, the holy Quran is fixed in my heart, and my tongue is always busy making beautiful Duas for my parents and my family. Allah saved me through the memory of my mother.

💡 Lesson: *When you feel completely exposed and crushed by your own guilt, do not look at the people spitting on you. Look at the one who shook your heart. The crushing pain you feel during recitation is a call to clear out your internal filth, not an invitation to drown in self-pity.*

Chapter 4: The Anatomy of Guilt & The Flight Response

The psychological strategy of Shaitan rarely starts with tempting you toward overt evil; instead, he aggressively manipulates your own past righteousness against you. This is the hypocrisy trap.

He began to use my crown of *Hifz* as a weapon of absolute despair. He reminded me of how devout, consistent, and pure I *used* to be in 2016, solely to make my 2021 struggles look unforgivable. *"Look at you,"* the whisper would say. *"You memorized the entire book of Allah, and now you are failing. You are nothing but a hypocrite. To worship now would be an insult to God."*



By convincing me that I was a failure, he successfully cut off my hope of mercy. This despair quickly manifested as a terrifying physical reality: The Flight Response.

Whenever the Quran was played in my home or near me, an intense, visceral panic would take over my body. My brain experienced an unbearable clash between my deep love for the faith and the crushing weight of my perceived failure. The purity of the Divine words hit a nervous system already deregulated by guilt, triggering a survival-driven instinct to physically run out of the room.

My spiritual grief wrote itself directly onto my body:

- **The Visceral Trembling: An involuntary shaking of the hands and limbs that signaled a profound internal crisis.**
- **The Tightening Chest: A crushing sensation in my thoracic region, making it feel as though the air was being squeezed out of my lungs.**
- **The Deep Ache: A hollow, heavy physical pain located deep within my torso that no medicine could soothe—the somatic echo of a starving soul.**

I was trapped in a body that was terrified of the very book it had spent four years memorizing.

Chapter 5: Shattering the Illusion

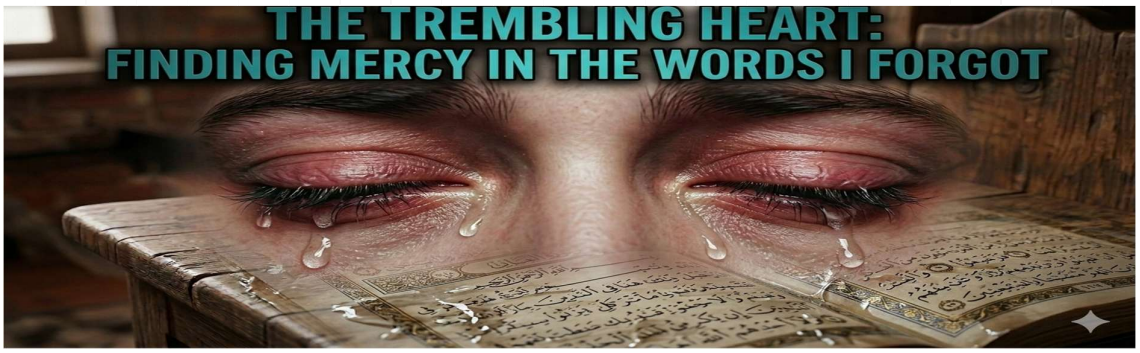
The turning point came when I realized that the enemy's most paralyzing lie was convincing me that my tears and panic were signs of my rejection.

One night, in the quiet depths of solitary isolation, the illusion shattered. I realized a profound clinical and spiritual truth: a dead heart does not weep. A heart that is entirely devoid of faith experiences no internal friction, feels no remorse, and sheds no tears. It is numb.

The very fact that my chest tightened, that I trembled, and that tears poured from my eyes during *Salah* was not proof of death—it was the ultimate proof of life. It was the spiritual equivalent of a drowning man gasping fiercely for air. The pain was the precise moment light was fighting its way back into the darkness of my soul.

I opened the Quran not to recite from memory, but to look into it as a mirror. There, I found my exact condition documented not as hypocrisy, but as the description of true believers:

- **Surah Al-Anfal (8:2): *"The believers are only those who, when Allah is mentioned, their hearts tremble..."* My visceral anxiety and trembling were not madness; they were *Wajal*—the profound spiritual awe of a heart that recognizes the weight of its Creator.**
- **Surah Al-Isra (17:109): *"And they fall upon their faces weeping, and the Quran increases them in humility."***



The Revelation itself was validating my pain, transforming my perceived brokenness into a documented sign of sincerity.

Lesson: ***Shaitan wants you to believe your panic means you are cast away. Do not believe him. A completely dead branch feels nothing when the wind blows; if your body trembles and leaks tears when the Quran plays, your spiritual nerve endings are fully active.***

Chapter 6: Al-Latif (The Rebuilding)

It was then that I truly understood Surah Ash-Shura (42:19): ***"Allah is Most Subtle/Kind to His servants..."***

The Divine attribute of *Al-Latif* denotes a kindness so profoundly delicate that it operates entirely beneath your conscious awareness, often disguised as hardship.

When the memory of my "35 Surahs" and my complete *Hifz* began to slip away during the pandemic, I thought I was being punished. I thought Allah had abandoned me. But looking back, I see the hand of *Al-Latif*.

My initial spiritual journey, though sincere, had become tied to my own ego, my metrics, and my pride in my own achievements. I was proud of how fast I learned, how well my business did, and how much I had memorized.

Allah, in His infinite and subtle mercy, allowed my ego to be systematically broken by my own weakness. He stripped away my reliance on my past good deeds, my wealth, and my social standing. He brought me to absolute zero so that my spirituality could no longer be fueled by arrogance. It was a gentle breaking meant to facilitate a flawless rebuilding.

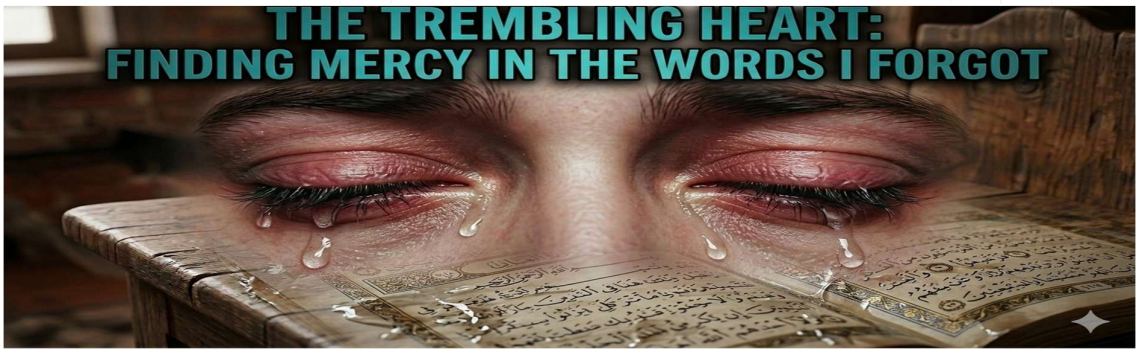
Chapter 7: Starting at Zero

Today, the pressure of the past is gone. I have let go of the ghost of who I was in 2020. I no longer carry the heavy anchor of shame concerning the quantity of what I forgot or what I lost.

I have embraced the absolute beauty of being a beginner again. Allah does not judge us based on an outdated spreadsheet of past metrics; He looks at the sincerity of the immediate, tiny step we take toward Him today.

I am currently mending the vessel through gentle, patient reconciliation:

- **Passive Listening: I play the Quran softly in my room, letting the sound waves gently re-accustom my nervous system to the recitation without panic.**



- **Micro-Doses: I read a single line, a single verse, or even just a single word a day, treating the text as a delicate medicine. *Alhamdulillah*, this is a pact I fulfill daily without fail.**
- **Accepting the Tears: When my chest tightens, I no longer run. I breathe through it, accepting my tears not as a punishment, but as a biological and spiritual wash cycle clearing away the final blockages of my soul.**

Conclusion: The Heart Formed by Fire

The ultimate objective of Revelation is not the mechanical accumulation of chapters within the gray matter of the human brain. A mind can hold all thirty chapters of the Quran while the heart remains hard, arrogant, and entirely untouched by the essence of mercy.

The ultimate goal of the Quran is to soften, shape, and transform the human heart.

The agonizing breakdown I experienced between 2020 and 2021 was not a destruction—it was a crucible. My heart had to be thoroughly broken open so that it could finally hold His light without the interference of my own ego.

I may have forgotten some words, and I may have lost my worldly wealth, but through the fire of this journey, my heart was fundamentally transformed. The daily single *ayah* is my anchor. The intention is pure, the path is long, and my feet are firm. And that is exactly what the Quran came to do.

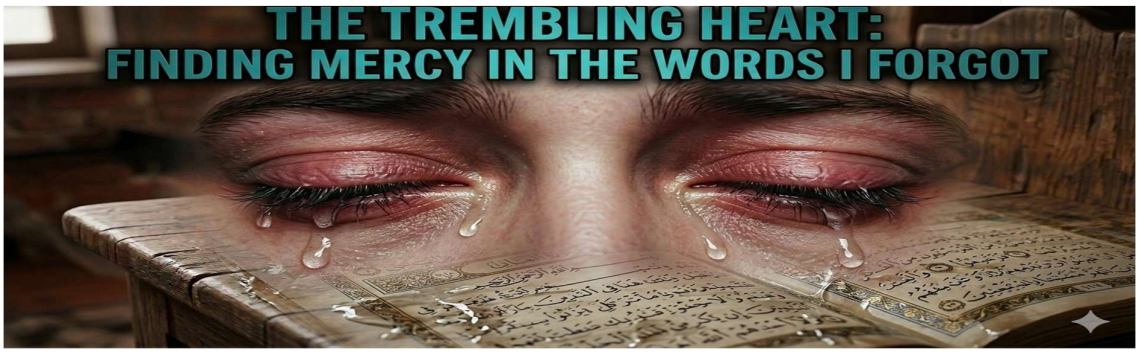
Appendix: Complete Scriptural References & Protection Duas

Below is the compilation of every Quranic verse, Hadith, and Protection Duas cited throughout this biography. It contains the exact Arabic text followed by translations in English, Hindi, and Urdu.

Part 1: Cautious Warning & Shaitan's Attack Strategy

1. Surah Al-Ahqaf (46:15) - The Importance of Age Forty

- **Arabic:** حَتَّىٰ إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۖ إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ
- **English: "...until, when he reaches maturity and reaches forty years, he says, 'My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to work righteousness of which You approve and make righteous for me my offspring. Indeed, I have turned to You, and indeed, I am of the Muslims.'"**



- Hindi: "...यहाँ तक कि जब वह अपनी पूरी ताकत को पहुँचा और चालीस वर्ष का हुआ, तो उसने कहा: ऐ हमारे रब! मुझे तौफ़ीक़ दे कि मैं तेरी उस नेमत का शुक्र अदा करूँ जो तूने मुझ पर और मेरे माता-पिता पर की है, और ऐसा नेक काम करूँ जिससे तू राज़ी हो जाए, और मेरे लिए मेरी औलाद में सुधार कर दे। बेशक मैं तेरी तरफ रुजू करता हूँ और बेशक मैं मुसलमानों में से हूँ।"
- Urdu: " یہاں تک کہ جب وہ اپنی پوری قوت کو پہنچا اور چالیس برس کا ہوا، تو اس نے کہا: اے میرے رب! مجھے توفیق دے کہ میں تیری اس نعمت کا شکر ادا کروں جو تو نے مجھ پر اور میرے والدین پر کی ہے، اور ایسا نیک کام کروں جس سے تو راضی ہو جائے، اور میرے لیے میری اولاد میں اصلاح کر دے۔ بیشک میں تیری طرف رجوع کرتا ہوں اور بیشک میں مسلمانوں میں سے ہوں۔"

2. Surah Al-A'raf (7:17)

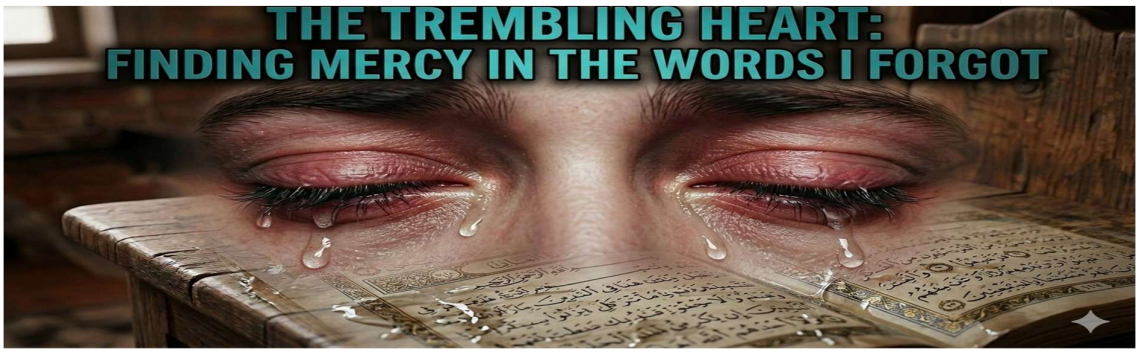
- Arabic: ثُمَّ لَآتِيَنَّهُم مِّن بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَانِهِمْ وَعَن شَمَائِلِهِمْ ۖ وَلَا تَجِدُ أَكْثَرَهُمْ شَاكِرِينَ
- English: "Then I will come to them from before them and from behind them and on their right and on their left, and You will not find most of them grateful."
- Hindi: "फिर मैं उन पर हमला करूँगा उनके आगे से, उनके पीछे से, उनके दाएं से और उनके बाएं से। और आप उनमें से अक्सर को शुक्रगुज़ार नहीं पाएंगे।"
- Urdu: " پھر میں ان پر حملہ کروں گا ان کے آگے سے، ان کے پیچھے سے، ان کے دائیں سے اور ان کے بائیں سے۔ اور آپ ان میں سے اکثر کو شکر گزار نہیں پائیں گے۔"

3. Surah Al-Baqarah (2:34) - The Fall of Iblis

- Arabic: وَإِذْ قُلْنَا لِلْمَلَائِكَةِ اسْجُدُوا لِآدَمَ فَسَجَدُوا إِلَّا إِبْلِيسَ أَبَىٰ وَاسْتَكْبَرَ وَكَانَ مِنَ الْكَافِرِينَ
- English: "And when We said to the angels, 'Prostrate before Adam'; so they prostrated, except for Iblis. He refused and acted arrogantly and became one of the disbelievers."
- Hindi: "और जब हमने फ़रिश्तों से कहा कि आदम के आगे सज्दा करो, तो इब्लीस के सिवा सबने सज्दा किया। उसने इनकार किया और घमंड किया और वह काफ़िरों में से हो गया।"
- Urdu: "اور جب ہم نے فرشتوں سے کہا کہ آدم کے آگے سجدہ کرو، تو ابلیس کے سجدہ کے سوا سب نے سجدہ کیا۔ اس نے انکار کیا اور تکبر کیا اور وہ کافروں میں سے ہو گیا۔"

4. Hadith on Arrogance (Sahih Muslim)

- Arabic: لَا يَدْخُلُ الْجَنَّةَ مَنْ كَانَ فِي قَلْبِهِ مِثْقَالُ ذَرَّةٍ مِنْ كِبْرٍ



- English: "He who has in his heart the weight of a mustard seed of pride shall not enter Paradise."
- Hindi: "जिसके दिल में राई के दाने के बराबर भी घमंड होगा, वह जन्नत में दाख़िल नहीं होगा।"
- Urdu: "جس کے دل میں رائی کے دانے کے برابر بھی تکبر ہوگا، وہ جنت میں داخل نہیں ہوگا۔"

5. Hadith on Riya / Showing Off (Musnad Ahmad)

- Arabic: إِنَّ أَخْوَفَ مَا أَخَافُ عَلَيْكُمْ الشِّرْكُ الْأَصْغَرُ قَالُوا وَمَا الشِّرْكُ الْأَصْغَرُ يَا رَسُولَ اللَّهِ قَالَ الرِّيَاءُ
- English: "The thing I fear most for you is the lesser Shirk: showing off (Riya)."
- Hindi: "मुझे तुम्हारे बारे में जिस चीज़ का सबसे ज़्यादा डर है, वह छोटा शिर्क है। लोगों ने पूछा: ऐ अल्लाह के रसूल! छोटा शिर्क क्या है? आपने फ़रमाया: रिया (दिखावा)।"
- Urdu: "مجھے تمہارے بارے میں جس چیز کا سب سے زیادہ ڈر ہے، وہ چھوٹا شرک ہے۔ لوگوں نے پوچھا: اے اللہ کے رسول! چھوٹا شرک کیا ہے؟ آپ نے فرمایا: ریا (دکھاوا)۔"

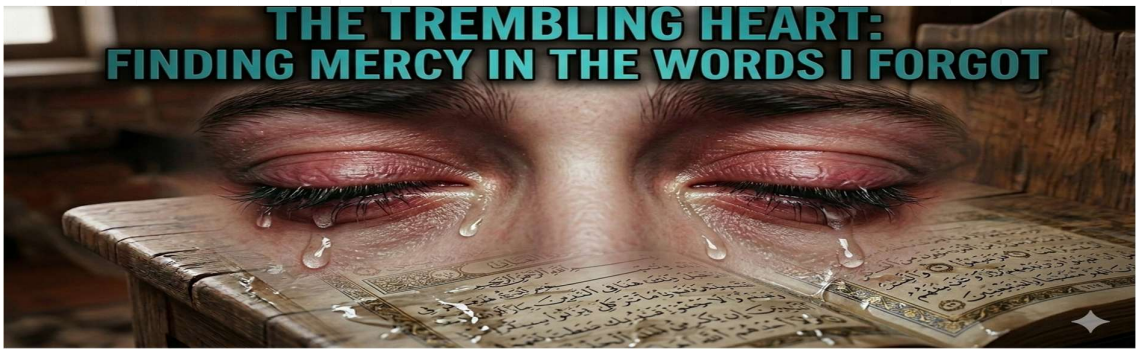
6. Hadith on Leaving Arguments (Sunan Abi Dawud)

- Arabic: أَنَا زَعِيمٌ بِبَيْتٍ فِي رَبَضِ الْجَنَّةِ لِمَنْ تَرَكَ الْمِرَاءَ وَإِنْ كَانَ مُحِقًّا
- English: "I guarantee a house on the outskirts of Paradise for one who leaves arguments even if he is right."
- Hindi: "मैं जन्नत के कोने में एक घर की ज़मानत देता हूँ उस शख़्स के लिए जो बहस छोड़ दे, चाहे वह हक़ पर ही क्यों न हो।"
- Urdu: "میں جنت کے کونے میں ایک گھر کی ضمانت دیتا ہوں اس شخص کے لیے جو بحث چھوڑ دے، خواہ وہ حق پر ہی کیوں نہ ہو۔"

Part 2: The Spiritual Awakening & Healing Mirror

1. Surah Al-Furqan (25:73) - Logical Believers

- Arabic: وَالَّذِينَ إِذَا ذُكِّرُوا بِآيَاتِ رَبِّهِمْ لَمْ يَخِرُّوا عَلَيْهَا صُمًّا وَعُمْيَانًا
- English: "And those who, when reminded of the verses of their Lord, do not fall upon them deaf and blind."



- Hindi: "और जो ऐसे हैं कि जब उन्हें उनके रब की आयात याद दिलाई जाती हैं, तो वे उन पर बहरे और अंडे होकर नहीं गिरते।"
- Urdu: " اور جو ایسے ہیں کہ جب انہیں ان کے رب کی آیات یاد دلائی جاتی ہیں، تو وہ ان پر بہرے اور اندھے ہو کر نہیں گرتے۔"

2. Surah Al-Anfal (8:2) - Trembling Hearts

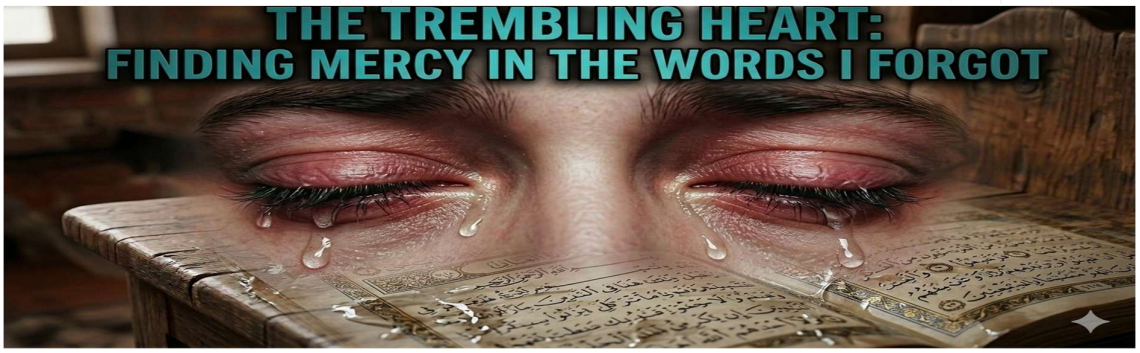
- Arabic: إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ
- English: "The believers are only those who, when Allah is mentioned, their hearts tremble."
- Hindi: "सच्चे मोमिन तो बस वही हैं कि जब अल्लाह का ज़िक्र किया जाता है, तो उनके दिल काँप उठते हैं।"
- Urdu: "سچے مومن تو بس وہی ہیں کہ جب اللہ کا ذکر کیا جاتا ہے، تو ان کے دل کانپ اٹھتے ہیں۔"

3. Surah Al-Isra (17:109) - Weeping Prostration

- Arabic: وَيَخِرُّونَ لِلْأَذْقَانِ يَبْكُونَ وَيَزِيدُهُمْ خُشُوعًا
- English: "And they fall upon their faces weeping, and the Quran increases them in humility."
- Hindi: "और वे रोते हुए अपने चेहरों के बल गिर पड़ते हैं, और यह (क़ुरआन) उनकी आज़ी को और बढ़ा देता है।"
- Urdu: " اور وہ روتے ہوئے اپنے چہروں کے بل گر پڑتے ہیں، اور یہ (قرآن) ان کی عاجزی کو اور بڑھا دیتا ہے۔"

4. Surah Ash-Shura (42:19) - The Subtle Kindness

- Arabic: اللَّهُ لَطِيفٌ بِعِبَادِهِ يَرْزُقُ مَن يَشَاءُ ۖ وَهُوَ الْقَوِيُّ الْعَزِيزُ
- English: "Allah is Most Subtle/Kind to His servants; He gives provision to whom He wills. And He is the Powerful, the Exalted in Might."
- Hindi: "अल्लाह अपने बंदों पर बहुत मेहरबान है; वह जिसे चाहता है रिज़्क़ देता है। और वह बेहद ताक़तवर और ज़बरदस्त है।"
- Urdu: " اللہ اپنے بندوں پر بہت مہربان ہے؛ وہ جسے چاہتا ہے رزق دیتا ہے۔ اور وہ بے حد طاقتور اور زبردست ہے۔"



5. Surah Al-Hashr (59:21) - Shaking the Mountains

- **Arabic:** لَوْ أَنزَلْنَا هَٰذَا الْقُرْآنَ عَلَىٰ جَبَلٍ لَّرَأَيْتَهُ خَاشِعًا مُّتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ
- **English: "If We had sent down this Quran upon a mountain, you would have seen it humbled and coming apart from the fear of Allah."**
- **Hindi: "अगर हम इस क़ुरआन को किसी पहाड़ पर नाज़िल करते, तो तुम उसे देखते कि वह अल्लाह के डर से दबा और फटा जा रहा है।"**
- **Urdu: " اگر ہم این قرآن کو کسی پہاڑ پر نازل کرتے، تو تم اسے دیکھتے کہ وہ اللہ کے ڈر سے دبا اور پھٹا جا رہا ہے۔"**

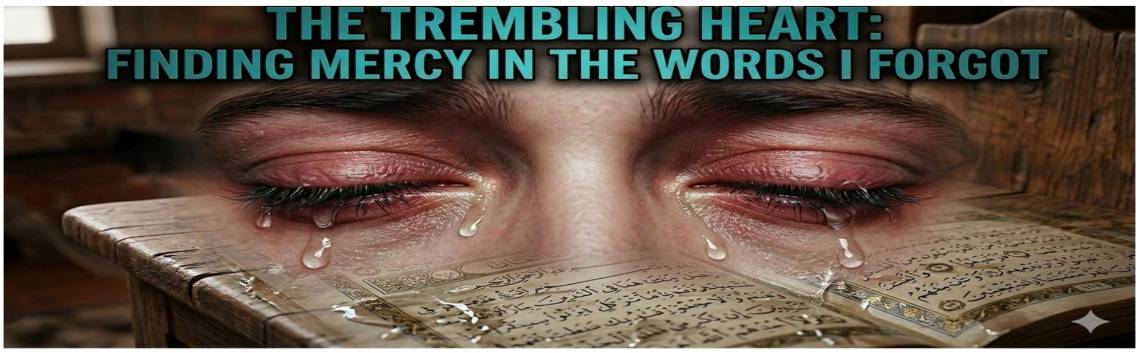
Part 3: Quranic Duas for Protection from Hellfire & Shaitan

Dua 1: For Protection from Hellfire (Surah Al-Baqarah 2:201)

- **Arabic:** رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ
- **English: "Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire."**
- **Hindi: "ऐ हमारे रब! हमें दुनिया में भी भलाई दे और आख़िरत में भी भलाई दे, और हमें आग (जहन्नम) के अज़ाब से बचा।"**
- **Urdu: "اے ہمارے رب! ہمیں دنیا میں بھی بھلائی دے اور آخرت میں بھی بھلائی دے، اور ہمیں آگ (جہنم) کے عذاب سے بچا۔"**

Dua 2: Seeking Refuge from Shaitan's Whispers (Surah Al-Mu'minun 23:97-98)

- **Arabic:** رَّبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ ، وَأَعُوذُ بِكَ رَبِّ أَن يَحْضُرُونِ
- **English: "My Lord, I seek refuge in You from the incitements of the devils, and I seek refuge in You, my Lord, lest they be present with me."**
- **Hindi: "ऐ मेरे रब! मैं शैतानों के वसवसों (उकसावे) से तेरी पनाह माँगता हूँ, और ऐ मेरे रब! मैं इस बात से भी तेरी पनाह माँगता हूँ कि वे मेरे पास आएं।"**
- **Urdu: " اے میرے رب! میں شیطانوں کے وسوسوں (اکسانے) سے تیری پناہ مانگتا ہوں، اور اے میرے رب! میں اس بات سے بھی تیری پناہ مانگتا ہوں کہ وہ میرے پاس آئیں۔"**



Dua 3: Turning to Allah After a Mistake (Dua of Adam A.S. - Surah Al-A'raf 7:23)

- **Arabic: رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ**
- **English: "Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers."**
- **Hindi: "ऐ हमारे रब! हमने अपनी जानों पर ज़ुल्म किया, और अगर तूने हमें माफ़ न फ़रमाया और हम पर रहम न किया, तो हम यक़ीनन बर्बाद होने वालों में से हो जाएंगे।"**
- **Urdu: " اے ہمارے رب! ہم نے اپنی جانوں پر ظلم کیا، اور اگر تو نے ہمیں معاف نہ فرمایا اور ہم پر رحم نہ کیا، تو ہم یقیناً برباد ہونے والوں میں سے ہو جائیں گے۔"**

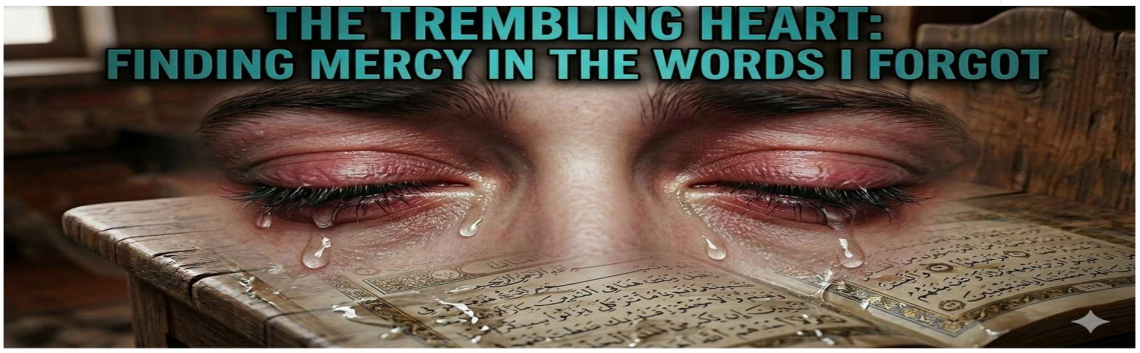
Al-Khatma: The Final Word & Duas

(My Daily Pact with the Creator)

Today, at fifty years old, I am no longer running away. The panic is gone, the self-pity is dead, and the chest is light. Every single day without fail, I open the Quran on my laptop or mobile, and I revise at least one verse, one sentence, or one word. This is my unbroken chain, my lifelong pact with Allah SWT until my last breath.

I close the pages of this book with my hands raised in front of the Lord of the Worlds, making these final prayers from the deepest corner of my trembling heart:

- **For My Beloved Mother (Late Mrs. Shamim Fatima):**
  Ya Allah, please forgive my sweet mother. Open the windows of Jannat-ul-Firdaus in her grave and fill it with your divine light (*Noor*). Accept her son's broken but stubborn effort to stay on the path of the Quran. Grant me the success to see her crowned with the celestial garments of light on the Day of Judgment. Amin.
- **For My Beloved Dada and Dadi (Grandparents):**
  Ya Allah, please show Your ultimate mercy to my beloved Dada and Dadi who have passed away. Forgive all their small and big mistakes, and grant them a high station in Jannat-ul-Firdaus. Make their graves a peaceful place of rest filled with Your *Noor* (divine light). Reward them for all the values and teachings they left behind for our family, and reunite us all together in the highest ranks of Jannah. Amin
- **For My Beloved Father (Who is currently 76 years old and by my side):**
  Ya Allah, my father is now 76 years old. He has been my biggest support throughout this life. I pray that You grant him the best physical health, mental peace, and a long, blessed life full of comfort. Protect him from all illnesses and keeping his loving shadow over our family for



many more years. Grant me the capability to serve him with full love. And *Ya Allah*, just like my mother, please fulfill my deepest dream for him too—grant me the absolute success to see my father crowned with the beautiful celestial taaj (garments of light) by Your own hands on the Day of Judgment. Amin.

- **For My Teacher, Qari Sayyed Ahmed Ali Sahab D.B.:**
  Ya Allah, bless my Ustad with the best health, long life, and endless worldly and spiritual blessings. Protect his knowledge, reward him for every single word he corrected in my mouth, and keep his shadow over us forever. Amin.

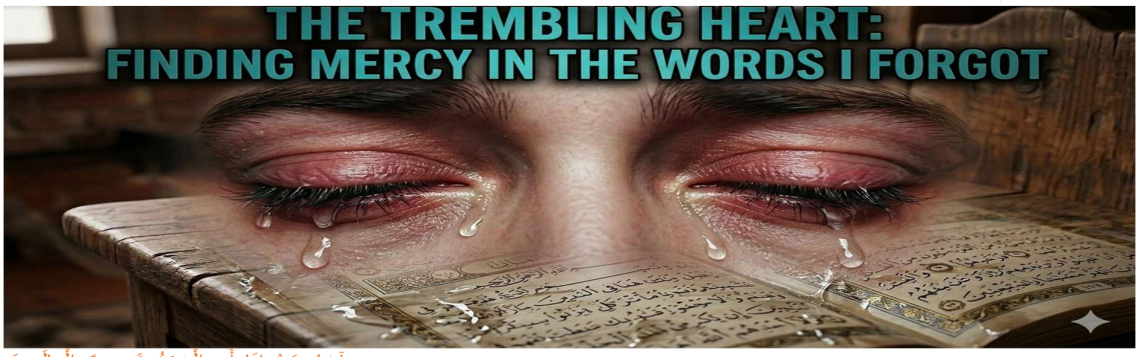
- **For My Wife, My Daily Companion:**
  Ya Allah, reward my wife with the highest ranks in Jannah. Bless her for her endless patience from Asr to Maghrib, for handling my speed, for being my true inspiration, and for never letting me give up when the storm hit our lives.
  Ya Allah, I specially pray for her and her family today. Whatever tension, problems, medical sickness, or illnesses are going on in her house, please remove them completely. Protect her and her home from buri nazar (evil eye), bad jealousy, and all kinds of sudden difficulties. Please turn every single pain and trouble of her family into Your beautiful, endless blessings (Rehmat). Give them ultimate peace of mind, strong health, and happiness in both worlds. Amin.

- ***For My Brothers and Everyone Living in Inayat-Villa:***
  *Ya Allah, I specially pray for all my dear brothers and their beautiful families who live together in **Inayat-Villa**. Please pour Your special blessings (Inayat) upon this house. Keep my brothers and their families always united with deep love, respect, and understanding for each other. Protect every single person in Inayat-Villa from any kind of evil eye (buri nazar), bad jealousy, accidents, and sudden financial or physical troubles. Grant my brothers ultimate success in their work, give their children the best education and manners (Tarbiyat), and make Inayat-Villa a house filled with endless peace, health, and Your holy remembrance. Amin.*

- **For My Friends, Mohd Iftikhar Khan & Dr. Mujtaba Khan Sahab D.B.:**
  Ya Allah, shine their faces on the Day of Judgment, bless their families with abundant halal wealth and peace, and count them among *Al-Sabiqoon* (the foremost in faith) for being the keys to my guidance. Amin.

Lastly, I pray for myself and every single reader who is struggling with guilt, anxiety, or a broken connection with the Quran:

"Our Lord! Let not our hearts deviate after You have guided us, and grant us mercy from Yourself. Truly, You are the Bestower. O Allah! Grant my feet firmness (Sabit Qadam) on this deen until my soul leaves this body."



وَآخِرُ دَعْوَانَا أَنِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ۔